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121 church. The technique of the obstetrician is remote from the religious ritual of baptism; the practical problem of disposing of a dead body is attacked by a practical specialist, while the expression of the feelings of the bereaved is assisted by conventionalized ritual which is religious rather than magical.

177 184 Such, at least, is the suggestion coming from the literature; it is made also by the materials from Tepoztlán. In this village the practices followed by one family or another on occasions of marriage, death, and most particularly birth, probably differ considerably; and these differences will, it seems clear, be found to depend largely on the degree of sophistication of the family considered. *Los tontos* preserve the old traditional practices; with them the magical and the practical are still an inseparable whole. An in- [844] formant from this group describes the practice of putting tallow on the umbilical cord of a newborn child and that of burying the placenta underneath the fireplace with no feeling that these customs are of different sorts; because in her group they are no different. Both equally affect welfare; one might just as well be omitted as the other. The midwife is magician- [846] priest rather than obstetrician; she eats the same food [759] as her patient as long as their relation of intimacy is maintained during postnatal care. But among *los correctos* there is probably a tendency to relegate the non-practical usages to the rank of superstitions, and to omit them entirely. This tendency grows, and [182] grows slowly; the society is not breaking down; it is merely changing, and the gradual process of change

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can be observed, it would seem, in the diffusion of tools and rational techniques from *los correctos* to *los tontos*.

The materials which can be offered here are too scanty to permit even a beginning of such a study. They are indeed inadequate to give a balanced description of all the commoner practices in connection with life-crises. But they may be offered so that the merely depictive aspect of this study may be more nearly complete, and so that the cadence of a Tepoztecan life may be at least outlined.[1]

A pregnant woman keeps largely to the seclusion of her own home. There are no important taboos on women during pregnancy. "If she suddenly wants to eat something, and cannot get it, she takes *tzacxochitl*[2] so that the child will not fall." After three months of pregnancy she goes to the *barranca* to bathe. She may do this many times before the birth.

When the time of delivery comes, she is assisted by a midwife [S. *partera;* N. *amantecatl*]. The midwife cuts the umbilical cord with scissors, measuring four fingers' length from the child. Then the cord is carefully tied with cotton thread which has been doubled or quadrupled and the end of the cord is burned well with a tallow candle in order that it may not bleed. Tallow from the candle is put on the thread, and the child is tied up with a band. In about three days the cord will fall off, but every day until that time fresh tallow is put on. When the cord has fallen, tallow is put on for the last time. The umbilical cord is preserved

[1] The materials on birth customs were secured by Margaret Park Redfield. They were nearly all obtained from one informant, a woman of middle age, who had borne nine children. She represents the typical *tonta;* and it is probable that what she described is characteristic of the majority of births in Tepoztlán. Information on marriage customs is much less complete; it was obtained from three informants, two *tontos* and one *correcto*. That on death customs is more complete, and probably the customs here vary little from family to family. The writer attended many funerals.

[2] *Laelium* sp. She takes an infusion of the pseudo-bulb.

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for use as a remedy for eye trouble. In correct practice the afterbirth is buried in the hearth [*tlequil*]. Ashes are put over it and then the fire is lighted.[1] "Some throw the afterbirth into the *corral* but this is not good because then the mother suffers."

Just before and just after the birth the mother may take an infusion of a plant known as *tlatlantzcametl*.[2] The child is bathed "usually about six hours after birth but always at eleven or twelve in the morning because it is warmer then." Rosemary is boiled with water and put in a washbasin with a small cup of alcohol. As the child is being bathed, still more alcohol is thrown on its head. It is given to wear a shirt of unbleached muslin, a cap or bonnet, and a diaper, and wrapped in a sheet and cotton coverlet. After bathing the child the midwife receives *clemole*, beans, a cup of wine, and a box of cigarettes.

The new mother, who is supposed to stay in bed or at least to remain at home for a month, is cared for during the first week by the midwife, and after that by her own mother. The midwife comes every day and binds up the patient with the *ceñidor*. She makes a doll of rags and ties this against the patient's abdomen. The doll is worn for a month and a half, from the first day on. During the first week the new mother and the midwife, who must eat the same food as her patient, observe food restrictions. For breakfast the mother may not drink coffee, or chocolate, but only warm cinnamon water, which is taken with bread. She may also eat dried meat toasted in the *comal* with a small amount of *chile pasilla*. For dinner some eat nothing but *clemole*, but with washed *chile* and no onion. The patient cannot take food that is very hot or very cold. Milk will chill the stomach. She cannot eat honey, sugar cane, or eggs. During the first two days after the birth the relatives, friends, and neighbors all come to visit. They bring with them pitchers of cinnamon water, or, if it is noonday, jars of *clemole*. After the first three days it is well to give a new mother *necuatole*, which is *atole* of cinnamon made with wild fowl.

[1] Sahagun tells us that the umbilical cord of a girl was so disposed of by the Aztecs.

[2] Unidentified.

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463 usual need, there is always someone who is expected
[438] to step into a special rôle and exercise a special function for that crisis.

In general, the specialists of the sorts just listed are
[565] *correctos*. But there are other specialists that seem to fall into another class, to represent a different type of specialization of function. The specialists of this second class are, in the main, *tontos*. These are:

[759] Thirteen [perhaps more] herb-doctors [S. *curanderas;* N. *tepahtiani*]: With one exception, a man up in Los Reyes, these are women. They have a command of the folk knowledge of medicine. They are called upon in sicknesses of any seriousness. A large part of their technique is the preparation and administering of herbal remedies.[1]

[759] Ten [perhaps more] midwives [S. *partera;* N. *amantecatl*]:
[844] These are always women. There is no case in the materials of a midwife who is also an herb-doctor. The specialties are quite distinct.[2] They are called in to attend all births. Their technique has been described in the preceding chapters.

[533] Three *chirimiteros:* These men play the traditional strain of music on the roofs of chapels and in the yards of the *mayordomos* at *fiestas* celebrating *santos*. None of them are young men. The act is entirely ritualistic. There is no pay but food and drink. Most *chirimiteros* carve their own *chirimías* out of *zopilote* wood. This is also a special technique.

[794] Two [or three?] *huehuechihque:* These are men who know the traditional words used in summoning people to pay their contribution for the *santos*, and those used in thanking them when

[1] In asking if a woman sets herself up as an herb-doctor, the phrase is *Sabe hervir?* ("Does she know how to boil?")

[2] There is also some evidence that some *curanderas* specialize in certain diseases.

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in accord with government regulations, must spend a six-month training period in the field to qualify for the medical degree. In addition, some Tepoztecans visit private doctors and the free health clinic in Cuernavaca. The presence of five midwives with some training in modern hygienic methods is also to be noted. Finally, the trend toward a lower general mortality rate may be related to the steadily increasing standard of living in the village. As will be seen later, the consumption of meat, eggs, milk, and bread has risen considerably over the last twenty years.

In Table 8 is presented the average mortality rate by age groups for the entire municipio of Tepoztlán over a twelve-year period from 1930 to 1941, inclusive.

TABLE 8. Average Mortality Rate by Age Group, from 1930 to 1941, Inclusive.

Age Group	Mortality Rate
Less than 1 year	96.94
1-4	44.24
5-9	7.24
10-14	10.31
15-19	11.22
20-39	5.60
40-59	15.75
60 and over	56.80

These figures show that the age of lowest mortality rate in Tepoztlán is from twenty to thirty-nine. The death rate from forty to fifty-nine, though increased, is not unusually high, indicating that many individuals live to a fairly ripe old age.

LANGUAGE AND LITERACY

Two languages are spoken in Tepoztlán, Spanish and the indigenous Náhuatl. Twenty years ago when Redfield was there, nearly all the inhabitants spoke Náhuatl. Since that time there has been a marked decrease in the use of Náhuatl and a corresponding increase in the use of Spanish. The data in Table 9, based on the Federal Census of 1930 and 1940, indicate this trend.

TABLE 9. Languages Spoken in the Municipio and Tepoztlán.

Languages	Municipio		Tepoztlán
	1930	1940	1940
Spanish	14%	40%	52%
Náhuatl	4	5	1
Spanish and Náhuatl	82	55	47

Although about one-half of all Tepoztecans are still bilingual, the drop from 82 to 55 per cent for the municipio and to 47 per cent for Tepoztlán proper is striking. The decrease of those who speak only Náhuatl in the entire municipio was from 144 individuals in 1930 to 29 in 1940. In 1944 there were five persons in Tepoztlán who spoke only Náhuatl. The significance of this trend is unmistakable. It would be safe to predict that within the next few generations the number of bilingual persons will become negligible.

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death, his brother will step in and claim a portion of the inheritance from the widow, especially when her children are still small. 604 428

IN-LAWS

Because of the predominance of patrilocal residence, the mother-in-law and daughter-in-law relationship is the most important of all in-law relations. When the young bride goes to live with her husband's family, she is expected to take the role of a grown daughter, addressing her husband's parents as mother and father and giving them the same respect and obedience she owes her own mother and father. Her work is assigned by the mother-in-law and generally consists of the most burdensome tasks, such as grinding corn, making tortillas, and washing and ironing the clothing of the entire family. In the past, when girls married at twelve or thirteen and were unskilled, it was the duty of the mother-in-law to teach them the work. 596 606 [868]

It is the obligation of the mother-in-law to chaperone her daughter-in-law and to see that she remains a faithful wife. To this end the daughter-in-law is expected to remain within the house most of the time and not to go out alone. There are many jokes told which depict the mother-in-law as the "policeman." When the daughter-in-law gives birth to a child, the mother-in-law has the major responsibility of caring for both of them; the quality of this care often depends upon whether or not the mother-in-law approves of her daughter-in-law. In cases in which the mother-in-law disapproves of the marriage, because the couple eloped or because the girl was pregnant before the marriage, or because she had a bad reputation, the young wives may be grossly neglected during and after childbirth. 606 [484] [522] [844]

Although many mothers-in-law and daughters-in-law manage to get along fairly well, the relationship is obviously a "charged" one and is generally recognized as such by Tepoztecans. Both women tend to approach their new relationship with apprehension. The young wife fears that she may not be able to please her mother-in-law, that too much work will be demanded of her, that she will feel like an outsider in a strange house. Many girls have grown up with the idea, learned from their mothers and other married women, that the daughter-in-law is merely the "slave" of the mother-in-law and suffers much at her hands. The mother-in-law, on the other hand, fears that her new daughter-in-law will be lazy and just another mouth to feed. If the girl comes from a better-to-do family, she may look down upon the way of life in her husband's home and cause uneasiness. It is for this reason that when marriages are arranged, the boy's parents seek a poor girl who will not be demanding or afraid to work. 578 606 [581]

In many cases the fears are justified and much quarreling occurs. The mother-in-law expects the younger woman to work as hard, if not harder, than she herself works. In fact, many women shift almost the entire burden of the household upon the daughter-in-law, so that they may take up business activity outside the home. The daughter-in-law, who may be seventeen or eighteen years of age, has been working hard from the age of thirteen in her own home under the instruction of [596]

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There is a belief that if an eclipse occurs during a woman's pregnancy, the child will be born with some part of his body missing; that is, it will have been eaten by the moon. To prevent this the mother should wear a pair of scissors under her sash. An earthquake will also cause some physical defect in the child.

There are no diet restrictions for pregnant women. There is a widespread belief that the pregnant woman should satisfy any food whim, otherwise she may suffer a miscarriage or a premature birth, or the baby may be born with skin colorations. Many subsequent difficulties are assigned to the failure to satisfy food whims. It is the husband's obligation to provide his wife with the food she wishes. But women do not make frequent or unreasonable demands, particularly if their husbands are not "good" to them.

Women who are nauseated during the second and third months are treated with herbs which are said to decrease the water in the abdomen. Many women do not take this treatment because of the restriction in diet and movement that follows. They may not go out into the street for three days, they may not go to the fields or to the stream, they may not stand near a water jug.

There are no restrictions on sexual intercourse during pregnancy, and many continue to have intercourse up to the time of birth. No special positions are used in the last months to protect the fetus.

When there are signs of miscarriage, the midwife tries several remedies. The patient may be asked to recline on a *rebozo* or cloth and is then moved or jerked two or three times from one side to another by means of the cloth. Another remedy is to soak an old tortilla in water of *xixtomal* or vinegar and place it on the small of the back. A mixture of the following herbs is also used: *tlatlauhcuauhtli*,[6] *camotito de San Diego*,[7] and *muicle*.[8] To this some midwives add wine, chocolate, leaves of *Santa María* (*artemisa*),[9] and a gold earring to be boiled with the mixture. Miscarriages are not frequent, and when one occurs the woman is often blamed for bringing it about by carelessness.

Induced miscarriages are fairly common. But the frequent deaths in such cases deter most women, and it is said that women who try to "cure" themselves will have to account for their behavior on Judgment Day. Miscarriages are said to cause *pallos* or brown discoloration of the skin, so that women who suffer from this are believed to have aborted frequently. To bring on delayed menstruation, many women drink *muicle*. Ground *chayotillos* with salt may be taken, or a tuber *aboyote* may be used. Another way is to use the same preparation which brings on labor. The ingredients are as follows: opossum tail (*tlacuache*), *pimienta gorda*, *tatalik*, and *tlatlauhcuauhtli*. Sometimes women will bring about a miscarriage by deliberately lifting heavy objects. Many women, and particularly unmarried girls, secretly go to

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[6] *Montanoa tomentosa*, a very well-known plant. See Maximiano Martínez, *Las Plantas Medicinales de México* (México, D. F.: México Ediciones Botas, 1939), p. 330.

[7] Unidentified.

[8] *Jacobinia spicigera*, *ibid.*

[9] Unidentified.

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847 *curanderos* in other villages to "cure" themselves. However, the only approved method of limiting the number of pregnancies is to avoid intercourse as long as 842 possible after the birth of a child.

BIRTH

844 When the baby is expected, a curtain is hung to screen the bed of the expectant mother, and delivery takes place behind this. Poorer families hang up a *petate*. When labor pains begin, the midwife is called. Occasionally the husband will assist the wife, but the majority of women are embarrassed by his presence and insist that he leave. One of the underlying beliefs throughout the delivery is that difficulty is due to "cold" and that "heat" must be applied. The patient lies on a *petate* on the floor, and the midwife massages the abdomen, the back, and the hips, with various [278] heated oils and unguents. These may be oil of violet, white lily, rosemary or almonds, or *altea*, depending upon the midwife. The heat and the massage is to [784] warm the infant, loosen it, and make it slip out more easily.

[278] The patient is then given a mixture of *tlatlauhcamotl* with chocolate, sherry, and egg, to make the labor pains stronger, or *pimienta gorda* is boiled and given. The abdomen is massaged and rubbed all the while, and the mother is wrapped in a blanket to make her perspire. A *cenidor*, or sash, may be tightly bound around the waist at this time to keep the back from weakening and the bones from spreading and to prevent hemorrhage later. The patient may kneel at this stage, and the baby is delivered on the *petate* and wrapped by the midwife in a clean, warmed, old cloth. If it is a dry birth, the mother is given more *tlatlauhcamotl*. In cases of difficult 845 or delayed births, the family, at the suggestion of the midwife, may buy a candle for 782 the Virgen de Monserrat, the guardian of pregnant women. The patient measures four fingers on the candle, a mark is made at that point with a centavo, and the candle is put before the image. If delivery does not occur before the flame reaches the mark on the candle, the case is considered very grave.

845 Delayed births are sometimes attributed to the fact that the woman does not bear down at the proper time, and attempts are made to eject the child by provoking [825] nausea and vomiting. This may be achieved by putting a chicken feather or the tail of an opossum into the woman's mouth.[10] The tail is sometimes cooked and given [278] as a drink. The woman may also be given her husband's urine or the dirty soapy water in which he has washed his hands. It is believed that when a woman in labor breathes out or screams every time she feels pain, the child rises instead of descends. The mother is given something to bite on, usually her braid, and is told to keep her mouth closed. Even speaking is discouraged. It may be such practices, found in [152] many parts of Mexico, which have led observers to describe Mexican Indian women as stoical during childbirth. In Tepoztlán, women frequently pray and scream when they suffer severe pains, and only the *más valientas* are quiet.

Difficult births and extended labor, sometimes over several days, are not uncom-

[171] [10] In Tzintzuntzan, the woman's braid is forced down her throat.

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844 [845]

ness. Without exception, our informants described labor dramatically, with emphasis upon the pain. "It is death to bear a baby" is a common sentiment. Some look back at labor with shuddering and expressions of horror, even fifteen years after the birth of their last child. Midwives report that many mothers are severely frightened during and after delivery and must be calmed by being heated with a smoky fire. *Pericón* or rosemary or laurel, or all three, are burned in an old clay pot, and the resulting smelling smoke is directed underneath the blanket to heat the woman's lower parts. [278]

After the child is born, the *ceñidor* is tightened around the upper part of the abdomen to prevent the blood and the placenta from rising in the mother and possibly causing her death. If the afterbirth is slow in coming, it is a common custom to put salt and onion into the mother's hand so that she can smell them, and she is given some mint leaves to chew. Sometimes a very hot tortilla is placed on the right side of the abdomen and pressed down by the midwife. In very delayed cases some midwives insert their hands to try to pull out the afterbirth. [278]

The afterbirth is buried under the hearth. It is believed that if it is left anywhere else, the baby's face will swell; if it is thrown into the corral, as some do, it may cause *daño;* if it is eaten by a dog, the mother will die. The umbilical cord is cut with a scissors about 4 or 5 fingers away from the child. The remaining cord is tied with a thread and burned with a few drops of wax from a tallow candle. The wax is applied every day until the cord drops off. The umbilical cord is generally kept inside the house and saved to be later used in the treatment of some eye diseases. Some sell the cord to *curanderos* for about twenty-five centavos each. Many believe that only the umbilical cord of the first child or the first son is effective. When a child is born in a caul, it is said he will be rich. The caul is carefully saved for good luck. 846 278 757 435

Only an occasional woman in Tepoztlán has her child delivered by a doctor. Somewhat more frequently he is called in after delivery if there is some difficulty. The high cost of calling a doctor from Cuernavaca[11] made it prohibitive for the great majority of the families. However, even those with money do not generally call a doctor, particularly a male doctor. The prudishness and suspiciousness of the women are a major inhibiting factor. Women who have used a doctor have become the target of much malicious gossip. 845 777 844 759 626

The following quotation from a woman of one of the large barrios is an example of the nature of the gossip, in this case concerning a local schoolteacher. "First she called a *curandera*, and her baby was born, and everything was fine. But she sent for a doctor just to have him feel her, to play with her because that is what she wanted. The *midwife* said that when the doctor arrived he uncovered the patient and put in his hand and after he played with her he sewed her up. Then he grabbed the baby by the belly and he had it hang that way as though it were his toy. He could have killed him! But that is what they wanted. As for me, for nothing in the

[11] Now there is a doctor in the village.

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844 759 626 world would I let a man doctor take care of me. It is better that the child be born alone." This attitude, encouraged by the midwives, is very widespread, even among women who have lived outside the village or who have had more education.

POSTNATAL CARE

844 846 When the delivery is over, the mother is lifted onto a board and up to the bed or *tepexco*, if she uses either of these. If there is no one to lift her, she may get up herself without danger, for she is still "hot." She is wrapped in a sheet to prevent getting *mal aires*. The midwife binds the mother around the abdomen and tucks in a *muñeca*, a piece of rolled up cloth. The purpose of this *muñeca*, which is placed over the abdomen so as to bring pressure upon it, is to "fix the matrix." As far as we could ascertain, there is no magical or symbolic qualities connected with this *muñeca*, and there is little attempt to make it resemble a doll.[12] Clean cloths which are washed and replaced every day by the girl's mother or mother-in-law are placed between the patient's legs. Her soiled clothing is removed and she is given an old-fashioned *huipil* made from a large square cloth and slipped over her head. A skirt, made from a large cloth, is wrapped around her hips and legs. The mother is not bathed until the next day, for she is still "hot." After a bath of warm water she is dressed in clean clothing. The temporary *huipil* and skirt are then used as diapers for the baby. The mother is not completely bathed again until the first *temascal* or sweatbath.

The baby is wiped with clean old rags and is bound with a strip of cloth, doubled over the umbilicus and tied with a string. Some mothers prepare a belt for this [278] purpose. The child is wrapped in warmed cloths, usually cut from his father's old shirt or pants. Some midwives drop lemon juice into the baby's eyes and give him a spoonful of castor oil as a purgative. The child is not washed until the following day because water will chill him.

846 262 The mother's diet for five days after the birth is poor and provides little nutrition. She is given cinnamon and water and a roll soon after the birth. If she has after-pains she is given honey and alcohol. At the next mealtime she eats toasted meat and tortilla, and for the next five days her diet consists of *atole*, cinnamon tea, and rolls. Some women take only cinnamon tea, tortilla, a small piece of cheese, and warm water during this period. Milk, coffee, and chocolate are thought dangerous when taken alone because they "chill" the ovaries, but some of the more modern women take a little coffee with milk. All food restrictions cease when the woman

[12] Redfield, *Tepoztlán*, pp. 136-37. Redfield states, "She [the midwife] makes a doll of rags and ties this against the patient's abdomen." According to Redfield, this doll is removed forty [114] days later at the time of the *nacamiz* and "on that day the rag doll symbolizing the child in the womb is taken from its place on the mother's abdomen." Although we made repeated inquiries among women of all ages and degrees of sophistication we could find nothing which would justify this interpretation of the symbolism of the so-called doll. The "doll" is actually a wad of cloth placed under the binding or sash in order to bring more pressure upon the abdomen. Many women wear this "doll" for months after childbirth, or even after they are past childbearing age because they are more comfortable with it. It is of interest to note that the use of the "doll" in this way was not mentioned in the monographs on Totontepec, Cherán, Mitla, or Chan Kom.

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is "clean," that is, when bleeding stops. This sometimes occurs in the first week but more often in the second. After delivery it is obligatory to give the midwife something to eat as an expression of appreciation, but it is up to the family to decide what is given. Generally the midwife is offered chocolate or coffee and bread. Sometimes wine and cigarettes are also given. During and after the delivery, the midwife is not restricted in any way as to the food she may eat.[13]

The mother's milk generally flows after one or two days, sometimes even before the birth. If the milk does not appear by the second day, some midwives give the mother an *atole* of sesame seed, chick peas, chocolate, and cinnamon. Others give *acxuxuatole* or *atole de alegría* made of ground corn, *chile pasilla, epazote,* and brown sugar. Another remedy is the penis of an ox, cut up and cooked. Sometimes the *flor de pascua* is boiled and taken by the mother. A few midwives place the baby at the mother's breast to stimulate the flow of milk. Many babies are nursed at another woman's breast until the mother's milk comes. During the day the wet nurse, usually a relative or a friend, comes to the child's house every three or four hours to nurse him. At night the child is taken to the wet nurse once or twice by the father or grandmother. There is no charge for the services of the wet nurse, but often the child's family sends her some meat to nourish her during this time. Some families are afraid to take a young infant out because of *los aires,* and it is fed cinnamon and water until the mother's milk begins to flow.

It is a common belief that the first milk is harmful to the infant and should be discarded. It is squeezed out and either thrown to the ground (this is called *motlalioka,* burying the first milk), or it is thrown over the roof (*monokia*) to prevent the mother's milk from going away. It is also thought that squeezing out the first milk hastens the flow of the true milk. If the mother has no milk, it is considered a calamity because the cost of a regular wet nurse is prohibitive, and many children die when put on a diet of cow's milk. Canned milk is now used safely but the expense is a heavy burden for most families.

The amount of attention and care given to the new mother in Tepoztlán is striking. At no other time are women accorded so much service and time for rest. This care consists of a prolonged period in bed, freedom from household duties, taking sweatbaths, and abstention from sexual intercourse.

The prime motive underlying this postnatal care is to delay a new pregnancy as long as possible. It is believed that early resumption of sexual intercourse causes the back to weaken and the menstrual flow to begin, thus making conception more probable. Women say that extended rest from work and sexual intercourse can

[13] We could find nothing to support Redfield's statements that "The midwife is magician-priest rather than obstetrician; she eats the same food as her patient as long as their relation of intimacy is maintained during postnatal care . . . during the first week, the new mother and the midwife, who must eat the same food as her patient, observe food restrictions." *Ibid.*, pp. 134, 136. Our questions concerning this called forth the same response from informants in Mitla: that is, they laughed at the thought and denied that it occurred. It should be noted that Redfield's account of the above, as well as other aspects of pregnancy and birth, is based on the report of a single informant and probably represents an individual variation.

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the mother may eat a greater variety of food. Most women continue to avoid black coffee and chile for one month because they "irritate."

When the mother has taken her last *temascal* and gets out of bed, she is usually given a boiled mixture of many herbs (*paclaposon*),[14] which she drinks before meals twice a day until two quarts are consumed. Some also take this before entering the first *temascal* and for one day thereafter. If the woman does not feel well before entering the second *temascal*, she may be given the same mixture of herbs *potlatsili*, which are now toasted and ground rather than boiled. If bleeding has not stopped after two months, the woman is again given *paclaposon*. Strained honey is also used because it provokes more bleeding which, it is thought, brings the end of bleeding closer. A mixture of herbs similar to a mustard plaster (*vilma*) may also be placed on the back. Excessive bleeding is attributed to a weakening of the back.

After leaving her bed, the mother is supposed to sit quietly with knees doubled under and to avoid walking or moving about for as long as she can. If she must walk, she goes very slowly with her thighs close together. If this is the first child, the mother may keep this up for three months; others return to normal moving about, in from one to two months. Only the most unfortunate women, however, do heavy work, such as washing and ironing before three months. In the past, women frequently did not work for as long as six months and were considered too weak to carry the baby. The new mother is not supposed to leave the house before the *sacamiss* attended by the new mother and child, which generally takes place in forty days or after the fourth *temascal*. If the mother leaves the house before this time, the baby's godmother may refuse to attend the *sacamiss*, on the grounds that the mother is not taking proper care of herself.

COMPARISON WITH OTHER MEXICAN COMMUNITIES

Many of the practices and beliefs concerning pregnancy and birth found in Tepoztlán are widespread in rural Mexico and have been reported for at least Tarascan (Tzintzuntzan and Cherán), Mayan (Chan Kom), and Zapotecan (Mitla and the Isthmus of Tehuantepec) groups. The similarity, even in small details, is sometimes quite striking. For example, we find that in Tzintzuntzan and Mitla the satisfaction of food whims during pregnancy is important. In Tzintzuntzan and Cherán, pregnant women should not urinate where an animal has urinated, and in both these communities, as well as in Mitla and in Tehuantepec,[15] there is fear that an eclipse may deform the unborn child. In Tzintzuntzan and Tehuante-

[14] The following herbs are placed in several gallons of water and boiled for twenty-four hours, or until one quart of the liquid remains: *cuexmonte*, *cuch-kok-kok*, *pulmonaria*, *hierba de ajolote*, *sangrinaria*, *cabriguela* or *cola de alacrancho*, *lengua de tejerba*, *nexhkishuitl*, *tachakan*, *zuzulli*, *tripa de judas* or *tuscili*, *alacranxiel*, *manzanchi*, *ipatch katiel* or *algodoncillo*, *cancara de cuetzo*, *flor de padre* or *doradilla* or *siempre viva*, *sakarkomud* or *kuatrkomate*, and *sicelermatzinia* or *barbalis*.

[15] Miguel Covarrubias, *Mexico South, the Isthmus of Tehuantepec* (New York: Alfred A. Knopf, 1946), p. 342.

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171 [843] [847] pec, a metal object is also worn for protection during an eclipse. The use of herbs and other remedies to produce abortions is also reported for Tzintzuntzan, Cherán, Mitla, and Tehuantepec. In Chan Kom a partition is put up in the room before delivery. The use of prenatal and postnatal massage, and during delivery, is mentioned in the monographs on Tzintzuntzan, Cherán, Chan Kom, and Tehuantepec. 171 844 In Mitla the flow of blood after birth is encouraged by an herbal preparation. The application of heat during a difficult delivery is mentioned in Tzintzuntzan, Cherán, [845] and Chan Kom. Putting the mother on a blanket to hasten the birth occurs in Tzintzuntzan, Cherán, and Mitla; the inducement of vomiting for the same reason is practiced in Tzintzuntzan and Tehuantepec. In Cherán, Mitla, and Chan Kom certain drinks are given which probably result in vomiting, but this is not specifically stated by the authors.

[846] The use of sweatbaths during confinement is common in Mitla, and small infants are also sometimes so bathed. Hot tallow is dropped on the umbilicus in Tzintzuntzan and Tehuantepec, and the umbilical cord is used as a remedy for sore eyes in Mitla. In Cherán lemon juice is dropped into the infant's eyes. Finally, the burying of the after-birth under the hearth is practiced in Tzintzuntzan, Cherán, and Chan Kom. In Mitla and Tehuantepec it is buried elsewhere. In Tehuantepec the mother is bound and a "doll" is placed over the abdomen, to prevent the "matrix from falling out of place."

171 846 A comparison of the period of postnatal confinement, which is so important in Tepoztlán, also shows some similarity. In Tzintzuntzan and Cherán, some share the widespread belief that women should not go out or resume work until after forty days. But a woman in Tzintzuntzan may sit up in bed after three days and often goes out after three weeks. In Cherán a mother stays in bed from eight to fifteen days and may leave the house after twenty days. In Mitla there is no set confinement period, but it is usually not longer than fifteen days. In Chan Kom, the mother "must stay in her hammock for a week, remain quiet for two weeks, and after three weeks she may go out into the street." [16] In Tehuantepec the midwife visits the mother in seven days, and the mother goes to *sacamisa* in forty days.

171 84 It is difficult to say to what extent these similarities are due to contacts between these groups before the Conquest, or to the common exposure to Spanish colonial influences. A full comparison of our material on Tepoztlán with that of the foregoing groups is not always easy or possible because of the unequal coverage and treatment of the material. For the same reason, it is difficult to compare the psychological significance of practices that appear similar.

[16] *Ibid.*, p. 183.

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177 aged foods, mostly to the employed people who live in the center. Old women
511 sold ready-made tortillas in the plaza. There was still no restaurant but there
[265] were more saloons. A blare of radios came from the houses and inside some
[275] homes one saw a new kerosene or Coleman stove, aluminum pots, kerosene or gasoline lamps, forks, and hand presses for shaping tortillas. At least one home had overstuffed furniture.

But many more changes have occurred than meet the eye. As a
[161] result of the population increase—from 3,500 in 1940 to approximately 4,800
[362] in 1957—there is a shortage of housesites and housing, and Tepoztecans petitioned the local government to make available some of the nearby communal lands for new housesites. Several homes have been built on the outskirts of the village and in the surrounding *cerros*. Formerly it was not customary to rent
[427] a house; if a Tepoztecan had an extra house he would allow another villager to use it simply for the care of it. Now rental has become quite usual.

177 Since the late forties Tepoztlán has had a resident doctor and since
[759] 1952 a doctor from Cuernavaca who formerly practiced in the village has come once a week to see his patients. The clientele of both doctors has been increasing. In 1950, the resident doctor had an average of 75 patients a
[278] month; by 1956 the average was 160. Tepoztecans now complain about the expense of medicines and the delay caused by having prescriptions filled in Cuernavaca; the local "druggist" cannot fill prescriptions and carries few
[743] patent medicines. The village has a free federal government health clinic
[744] which cares for children and pregnant women and administers injections.
[751] About ten patients, most of them expectant mothers, come there every day. In 1955 approximately two thousand vaccinations and revaccinations were given.

177 The clinic and the doctor have by no means replaced the *curanderos*,
757 however. Tepoztecans believe that doctors can cure only certain diseases,
753 and still frequent *curanderos* for those illnesses which they attribute to *los aires*, anger, hot or cold foods, evil eye, and sorcery. Most births are still
[759] attended by the native midwives. If the doctor happens to cure an illness
[844] thought to be caused by *los aires*, this is taken as proof that the *aires* were not truly the cause. Although the villagers have substituted new terms for old concepts—for example, *los aires* are now sometimes described as tiny animals or microbes and injections are called "cleansings"—it is questionable whether this represents much of a departure from the earlier magical thinking about the causes of disease.

177 Like many villages in the densely populated central plateau area, Tep-
241 oztlán has not had the benefit of the great new hydroelectric and irrigation
[312] projects. Its agricultural base has remained very much the same; there has
[377] been no mechanization and no new important cash crops have been introduced. The peasants continue to work their land as before, although a few
[464] are now using some commercial fertilizer. Because the lack of change in agriculture combined with the rapidly increasing population has forced Tepoztecans to seek work in nonfarm occupations, a much lower proportion of the gain-
[314] fully occupied are now peasants. The federal campaign for the preservation of